



June 28, 2005

Heart disease and stroke have been leading causes of death in our state for decades. These diseases place a great emotional, physical, and financial burden on us, our families, and our communities. Our racial and ethnic populations continue to face disparate access to quality care to address their higher rates of risk factors and disease, yet these diseases are largely preventable.

By working together, we can make a difference! Health care, worksite, and community partners at the state, local, and tribal levels can reduce premature death and disability due to heart disease and stroke.

Our blueprint—the Washington State Public Health Action Plan for Heart Disease and Stroke Prevention and Management—will guide us from now through 2010 to help make a difference in the lives of the people in Washington State. I am grateful to the Heart Disease and Stroke Prevention Advisory Council, which represented a broad spectrum of organizations, for creating this plan.

We have been given this blueprint—now we must continue to build a strong system to prevent and manage heart disease and stroke. Thank you for being part of improving health in Washington.

Sincerely,

A handwritten signature in dark ink, reading "Maxine Hayes, MD, MPH". The signature is fluid and cursive, with a large, stylized "M" and "H".

Maxine Hayes, MD, MPH
State Health Officer

